

# **Program Offerings at MMS**

# A Typical Day at MMS

Length of day 6 hours and 40 minutes

- Students receive 45 minutes of instruction in the 5 core academic subjects (Reading, Language Arts, Math, Social Studies and Science)
- Students participate in a 50 minute X-Block period
- 25 minute lunch period
- Students attend 2 periods of “off the floor activities” (related arts, world language or physical education)
- After school many students choose to participate in one or more after school offerings

# Physical Education



	# of 45 minute sessions per week	Minutes per week
<b>Grade 5</b>	3	135
<b>Grade 6</b>	3	135
<b>Grade 7</b>	3	135
<b>Grade 8</b>	3	135

# Related Arts



	# of 45 minute sessions per week	Minutes per week	<i>Quarterly Rotation (Art, Life &amp; Consumer Science, Music, Tech Ed)</i>
<b>Grade 5</b>	3	135	X
<b>Grade 6</b>	3	135	X
<b>Grade 7</b>	3	135	X
<b>Grade 8</b>	3	135	Choice – <i>selected quarterly</i>

# World Languages



	# of 45 minute sessions per week	Minutes per week	
<b>Grade 5</b>	2	90	Spanish
<b>Grade 6</b>	3	135	Quarterly Rotation (French, German, Latin, Spanish)
<b>Grade 7</b>	3	135	Level I Language Part 1
<b>Grade 8</b>	3	135	Level I Language Part 2

# Intervention Programs

	# of sessions per week	Minutes per week
Academic Support Math and/or Reading	3	135
Study Skills	3	135
Writing Center	Tailored based on need	
Individual Counseling	Tailored based on need	



# Music Program



- Open to all students in grades 5-8
- Options: Band, Orchestra, Chorus
- Ensembles meet twice weekly during X-Block for 50 minutes of whole group instruction
- Students may participate in one or more ensembles
- Small group/individual lessons for Orchestra & Band occur during related arts class time once weekly (22 minutes)

# Music Participation 15-16 SY

	Enrollment
Junior Band	69
Concert Band	56
Jr Jazz Band	28
Jazz Band	25
Beg / Intermediate Orchestra	34
Orchestra	28
5/6 Chorus	93
Concert Choir	97
Chamber Choir	33
<b>*Total Participation</b>	<b>301</b>



**57% of our MMS students  
participate in one or more  
music ensembles**

*25% of the students participating in the MMS music  
program participate in more than one ensemble*

# X-Block

- 50 Minute flex period daily
- 25 minute lunch period occurs during this time
- Daily students self-select an X-Block choice
- This flex period accommodates music ensemble (chorus, orchestra, band) whole group lessons
- Students may also select options such as PE, Art, LCS, Tech Ed, grade level teachers, etc.
- Flex period provides the time for students to receive more individualized support from their teachers

# Health Instruction

## **Grade 5**

Good Decisions (drug & alcohol awareness, decision making)

Nutrition & Healthy Choices

Human Growth & Development

## **Grade 7**

Nutrition & Healthy Choices

## **Grade 8**

Human Growth & Development

# Physical Wellness

## **PE Programming**

- Balance of team, individual and lifetime activities
- Provides opportunities for students to make individual choices based on preference
- Grades 5 & 6 rotate through the different types of activities.
- Grades 7 & 8 self select based on personal interest

## **X-Block**

- 50 minute block students self select an X-Block choice
  - Related Arts 2 students per homeroom
  - PE - unlimited

## **After School Activities**

- 27-30 activities offered per quarter
- Students select based on interest
- Many activities generated as a result of student suggestions

# School Counseling

## Areas of Focus

- Academic
- Social / Emotional
- College and Career Readiness

## Success Skills

- Organization
- Self-advocacy
- Study Skills
- Proactive Planning / Time Management

## Character Development

- Empathy and Kindness
- Self - Awareness
- Leadership



# Developmental Guidance

- Organization
- Proactive Planning / Time Management
- SMART Goals – developing academic, career and personal goals for the year
- Career Explorations
- Mindfulness
- High School Explorations

# Whole School Programs

# Mindset in the Classroom

# KINDNESS... Pass It On

# Mindfulness Practices

# Peer Mediators

# Sunshine Club

# Mentoring / Tutoring

# Youth Employment



# **Small Group Counseling**

## **Lunch Group Topics**

- Recognizing emotions in yourself and others
- Learning to self-manage strong emotions
- Discuss ways to control impulses
- Effective communication
- Developing cooperative relationships
- Effective problem solving

## **Weekly Organization Support**

- Time Management
- Prioritization to manage responsibilities
- Review of academic progress (PowerSchool)



# After School Activities

- Quarterly MMS offers 27 -30 different after school activities for students to choose from.
- Each quarter there are at least 5 - 10 different activities that promote healthy lifestyle & physical well-being.
- Over one half of our students participate in one or more after school activities.

# Sample After School Activities

- Gymnastics
- Ropes Course
- Adventure Learning
- Morning Movement Club
- Bal-A-Vis-X
- Mileage and FEET Club
- Yoga
- Couch to 5K: There is No Fast, There is No Slow, Just Go!
- Math Counts
- Mountain Bike Club
- Fun/Food/Fitness with Friends
- Wrestling
- Chess Club
- Programming Club
- Medieval Costume Creations
- Student Council
- Crazy Art Crew Club
- Invention convention
- Robotics

# MMS Athletics

- Students in grades 7 & 8 are eligible to participate
  - Fall Sports – Boys & Girls Soccer, Cross Country
  - Winter Sports - Boys & Girls Basketball
  - Spring Sports – Baseball, Softball, Track & Field
- Season dependent 38 – 93 students participate in MMS athletics
- Intramural sports opportunities for grades 5 & 6
  - Spring 2017 – New field space

# Transition to Middle School

- An adjusted September schedule created to allow more time for students to acclimate to new expectations
- Adjusted schedule includes:
  - Extended Homeroom Time
  - Before X-Block Organization Opportunity
  - End of Day Pack-up Time
- Morning Break (all year)

# Grade 5 Morning Break

- Ten minute break each morning
- Self selected activities:

Snack

Drawing

Go Noodle

Outside walk

Reading

Games

# Middle School Explorations

*Middle school students are in the midst of significant physical, social, emotional and intellectual change and growth. At MMS we are committed to the physical, social, emotional, and intellectual growth of every child. We believe in the success of children. We believe that varying the teaching methods, adapting the curriculum to suit individual students' needs, and providing choice and challenge will help develop knowledge, self-esteem, independent thinking, and community awareness.*